

HEALTH RESTORED

Mr. Knight Was Down With Kidney Complaint; Found Doan's the Remedy Needed.

"Kidney trouble put me in a bad way," says Thomas A. Knight, Retired Insurance Agent, 624 N. Ninth St., East St. Louis, Ill. "It came on with pain across my back and the attacks kept getting worse until I had a spell that laid me out. Morphine was the only relief and I couldn't move without help. The kidney secretions were scanty, painful and filled with sediment."

"I was unable to leave the house, could not rest, and became utterly exhausted. The only way I could take ease was by bolting myself up with pillows. For three months I was in this awful condition and the doctor said I had gravel. Doan's Kidney Pills brought me back to good health and I have gained wonderfully in strength and weight."

Success to him and me.

A. M. EGGMAN, Notary Public.

Get Doan's Kidney Pills at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

POSTER-MILBURN CO., BUFFALO, N. Y.

Care Necessary.

Redd—I see a luncheon case has recently been invented which is so shaped that it will also serve as a foot-rest in an automobile.

Greene—Looks all right, but I suppose the ladies in the party must exercise great care and not get their French heels in the custard pie or raspberry jam.

900 FLU CASES REPORTED TO HEALTH SERVICE

Washington dispatches state that there were over 900 flu cases reported to the public health service last week. This is an increase over the previous week, and as cold weather draws near authorities are worried.

A recent public health report says: "City officials, state and city boards of health should be prepared in event of an recurrence of the flu."

Even if one recovers from the flu, the after-effects are terrible. The only sane thing to do is to prevent the flu. Influenza can be prevented; last year's results prove that it is important that a good germicide should be used frequently. Turpo is an effective germicide, combining the old-fashioned remedies of turpentine (which has for years been known as the best home germicide), camphor-menthol and pure mineral base. As a preventive for flu, Turpo has been in successful use.

Snuff a little Turpo up the nostrils several times a day, and the flu germs will have little chance of getting a lodging and breeding place. Many physicians and hospitals use and recommend Turpo.

The fact that more than nine hundred cases of influenza have been reported to the United States Health Service makes it important that you prepare now. Buy a thirty-cent jar of Turpo of your druggist now while he has a supply on hand, and use as directed.

If in spite of all precautions influenza develops, go to bed and summon a physician. Influenza is a serious malady, and requires the best medical attention.—Adv.

Do Not Touch.

Patience—I see a curved framework of wire loops has been invented to enable a player to hold a hand of cards conveniently.

Patience—Come in handy for the woman who has lost at bridge and declares she'll never touch a card again.

A torpid liver prevents proper food assimilation. Turpo is a liver stimulant. Indian Vegetable Pills. They act gently. Adv.

Helping the Law.

The Miasma (at 2 a. m.)—Nice hour to arrive home and a nice state to arrive in. I must say! Explain, you brute!

Elmsford—O'friend asked me to help him gather evidence of violations of the war-time prohibition law, m'dear, an' I jus' (hic) couldn't refuse.—Buffalo Express.

Cuticura Soap for the Complexion.

Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum and you have the Cuticura Toilet Trio.—Adv.

The young man who gets married nowadays must have either lots of money or lots of nerve.

Girls that are not born awkward usually dance themselves that way before they are twenty.

Pneumonia often follows a Neglected Cold KILL THE COUGHS!

HILL'S CASCARA QUININE BROMIDE

Standard cold remedy for 20 years—in tablet form—safe, sure, no quinine—breaks up a cold in 24 hours—relieves grip in 3 days.

Money back if you are not satisfied. Get it at all drug stores.

Get the Genuine Avoid AVOID THE GENERAL ALL AROUND CLEANSER

A Woman's Right is to enjoy good health. The secret of good health is clean blood, normal activity of the stomach, bowels, liver, skin and kidneys.

BEECHAM'S PILLS

Latest Sale of Any Medicine in the World.

Get it at all drug stores.

FARMERS—YOUR OPPORTUNITY. Buy Southern Farm. Many advantages. Get away from hard winters, high prices, get out of farm, take a vacation. N. S. Coleman, Troy, Ala. See Purchasing-Selling Agent.

Religious and Political Literature Free on Request. Send name, address, Bible sent for postage. Robert Thompson, New City, N. Y.

The KITCHEN CABINET

In all the affairs of human life, social as well as political, I have remarked that courtesy of a small and trivial character are the ones that strike deepest the grateful and appreciative heart.

—Henry Clay.

INEXPENSIVE DISHES.

Inexpensive is an adjective which one uses these days with a large latitude as nothing, even the pebbles of codfish, is inexpensive except by comparison.

Baked Codfish.—Take a package of codfish, soak over night, pour off water and parboil, then drain again and place in a shallow baking dish with just enough sweet milk to cover.

Add bits of butter and pepper with salt if needed, bake one and a half to two hours. Remove the fish, thicken the milk with flour. Cook well then add the fish and serve.

Brown Sugar Iceing.—Take a cupful of brown sugar and four tablespoonfuls of water, cook together until it makes a thread. Pour over the well-beaten white of one egg to which you have added one-fourth teaspoonful of cream of tartar. Beat until cool; flavor with vanilla.

Eggless Gingerbread.—Warm together half a cupful of brown sugar and one cupful of apple jelly with a third of a cupful of shortening. Remove from the fire and add three-quarters of a cupful of sour milk, two and one-half cupfuls of flour sifted with one tablespoonful of ginger, the same of cocoa, one teaspoonful of cinnamon, one and one-half teaspoonfuls of soda and half a teaspoonful of salt. Mix and beat, pour into a buttered tin and bake forty minutes.

Dried Apple Cake.—Cook two cupfuls of dried apple until tender, then strain and cook them in two cupfuls of molasses (with spices to taste), for twenty minutes. Cream one-half cupful of shortening with one cupful of sugar, add two beaten eggs, three cupfuls of flour sifted with two teaspoonfuls of baking powder and a half teaspoonful of soda and the same of salt with two tablespoonfuls of milk; add the molasses and apples when cool, beat thoroughly and bake in a greased pan for one hour.

Tomato Pilau.—Fry one quarter pound of bacon with one small chopped onion; when the bacon is cooked add a pint of tomatoes and salt and pepper and a half pound of well-washed rice. Stir the rice into the tomatoes when boiling hot, then steam until done.

Eggs in Cream Sauce.—Make a rich white sauce, using two tablespoonfuls of butter and one and one-half of flour cooked together, then add a cupful of thin cream and cook until smooth. Toast bread crisp and brown; butter well. Add two hard-cooked eggs, chopped, to the white sauce and pour over the toast. Serve at once.

There are lives that crowd Actions, pure, lofty, proud, Into brief years.

Deeds that high-hearted men, Counting three score and ten, Read through their tears.

—Margaret Preston.

QUICK BREADS.

A hot gem or muffin, a crisp and golden corn bread, a popover or biscuit are all popular and always welcome breads.

Bran Muffins.—Take three tablespoonfuls of brown sugar, mix with a tablespoonful of shortening, half a cupful of salt, one cupful of sour milk, one-half teaspoonful of soda, a cupful of flour and two cupfuls of bran. Mix well and drop in well-greased muffin pans. This makes ten good-sized gems.

Southern Hot Cakes.—Add a teaspoonful of baking powder to two teaspoonfuls of cornmeal. Beat the yolks of two eggs, add a cupful of milk, and beat hard for a few minutes, then add the whites beaten to a stiff froth. Put a tablespoonful of lard in a spider and drop the batter in by spoonfuls; turn when done on the underside. Serve very hot with bacon or with fried ham.

Sally Lunn.—Sift four cupfuls of flour with three teaspoonfuls of baking powder and one of salt, separate the yolks and whites of four eggs and beat well; add one cupful of melted fat, four tablespoonfuls of sugar to the flour with the yolks of the eggs, then fold in the stiffly beaten whites the last thing. Bake in muffin rings.

Snow Balls.—Make a batter of one cupful of flour, two tablespoonfuls of sugar, the beaten yolks of four eggs, two teaspoonfuls of baking powder and flour enough to make a drop batter. Add the whites, beat stiff and fold in last. Fill two-thirds full deep craters and bake in a hot oven.

Graham Puffs.—Take two cupfuls of graham flour, four cupfuls of boiling milk and one teaspoonful of salt. Handle the dough as soft as possible, roll and cut into inch-thick circles; arrange in a buttered pan and bake in a very hot oven. If the oven is hot they will be very light.

Those of us who would have our days glide by peacefully should not expect too much at the hands of others. This is a strenuous age—indeed, almost every minute of every hour is all too crowded for the average person. There is but one home code to go by: play fair. The girl or woman who does so will have absolutely no regrets, and will prove a real inspiration to others around her.—New York Evening Telegram.

THE HONOR CODE.

Did you ever hear of a man who had striven all his life faithfully and singly toward an object and in the end measure obtained it? Did ever a man try heroism, magnanimity, truth, sincerity and find that there was no advantage in them, that it was a vain endeavor?—Thoreau.

Migration of the Rat.

The rat was carried from India and Persia to England in 1727, by 1750 had made its way to France and thence spread throughout Europe.

Worth Pondering Over.

Did you ever hear of a man who had striven all his life faithfully and singly toward an object and in the end measure obtained it? Did ever a man try heroism, magnanimity, truth, sincerity and find that there was no advantage in them, that it was a vain endeavor?—Thoreau.

Reading the Bible.

A college professor, famous as a critic of literature, tells how he read the Bible when he was a boy. His mother not only insisted that he should read the Bible, but also that he should be able to tell her something about each book. This looked serious, but the future professor of literature hit upon a plan to assist his memory. After he had read each book, he illustrated it and, after he had drawn the pictures, he found that he remembered without much difficulty.

A New Function.

"John, I simply must have another gown."

"For what occasion?"

"The new cook is coming tomorrow and I have absolutely nothing decent to receive her in."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Immovable Opinion.

"Did your argument convince anybody?"

"I don't know," replied Senator Sordum.

"I sometimes think that nowadays the most an argument accomplishes is to help the statisticians by showing how you are likely to vote."

Danger Signal.

"Take down that motto, 'There's No Place Like Home,' stormed Mr. Groucher. 'If the landlord sees it he'll think we are happy and contented and raise the rent again.'"

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Useful Christmas Gifts That Any Boy Can Make

By A. NEELY HALL

It requires no more time to make a useful gift than one which will be of no practical value, so why not decide, before beginning this season's gifts, what will be appropriate for those whom you wish to remember?

Calendar-Board and Pen-Rack. Of the smaller gifts, nothing would be better appreciated than this article for one's desk. Fig. 2 shows a pattern for the board. If you haven't hardwood, go to a carpenter. He will

Every day is a fresh beginning; Lasp, my soul, to the glad refrain; And spite of old sorrow and older sinning, And puzzles forecasted and possible pain, Take heart with the day, and begin again.

—Susan Coolidge.

SOME NOURISHING SOUPS.

On a chilly night, or any other time of day, a dish of hot, well-seasoned soup is most gratifying.

Potato Soup.—Chop an onion, cut six potatoes cut in dice, and add a bay leaf. Add one quart of water and cook until the potatoes are very soft. Add one quart of milk, rub through a sieve and reheat. Season to taste and thicken with the yolks of two eggs, beaten smooth with a cupful of cream.

Salefy Soup.—Scrape and clean three bunches of salefy; cut into dice and soak for 15 minutes in cold water. Drain, cover with fresh water and cook for an hour. Add a quart of milk, two tablespoonfuls of butter, salt and pepper to season. Bring to the boiling point, add three milk crackers rolled fine, and serve at once.

Chicken and Curry Soup.—Slice one onion, fry in butter, add a large sour apple chopped, a sprig of thyme and parsley, a bay leaf, a tablespoonful of lemon juice and a teaspoonful of salt and one of curry powder. Add four cupfuls of chicken stock, simmer for 15 minutes, strain and add half a cupful of boiled rice, and serve at once.

Oxtail Soup.—Cut an oxtail into joints and fry in hot fat. Add two pounds of lean beef, four carrots, three onions and a bunch of sweet herbs. Cover with cold water, simmer until the meat is very tender; strain, reheat, thicken with two tablespoonfuls each of flour and butter cooked together, thinned with a little of the soup. Cook until well done.

Chicken Gumbo.—Cut up a large, tender chicken and fry brown in butter with a quart of okra. Add two cupfuls of tomatoes, a large onion chopped, half a cupful of raw ham, and water to cover. Simmer until the chicken falls from the bones; then remove the bones and add 12 soda crackers, a tablespoonful of butter, pepper and salt to season and three hard-cooked eggs chopped fine.

With the same letter heaven and home begin, And the words dwell together in the mind; For they who would a home in heaven win, Must first have heaven in home begin to find.

—Joseph Verr.

SUBSTITUTES FOR MEAT.

Certain foods are well suited to replace meat at the breakfast table. Poached eggs, for instance, at dinner 365 times a year, so it is a good idea to bar it from the first meal of the day unless used in hash.

Fried Egg Plant.—Slice the egg plant in slices one-third of an inch thick, pare, put into a deep dish and cover with cold water well salted. Soak one hour. Drain, wipe, dip in egg and crumbs and fry brown.

Corn Oysters.—Use canned corn, if the fresh corn is not obtainable. By scoring deeply with sharp knife, the inside of the kernel may be pressed out and used. Use two cupfuls of corn, half a cupful of milk, one cupful of sifted flour, two eggs, a teaspoonful of salt and one tablespoonful each of butter and lard. Beat the yolks of two eggs, add the milk, the flour and salt. Beat to a smooth batter, add the corn, then beat again, adding the stiffly beaten whites last. Put the lard and butter into a frying pan and when very hot put into the batter by small spoonfuls. Brown on one side, then turn. If the batter is too thick add more milk, the thinner the batter the more delicate and tender the oysters will be.

Baked Eggs and Mushrooms.—Take one pound of fresh mushrooms, clean and wipe dry. Put into a saucepan with four tablespoonfuls of butter, half a teaspoonful of salt and a dash of pepper. Set over the fire till thoroughly hot, then turn into a shallow baking dish and break over them six eggs. Sprinkle with buttered crumbs and dust with pepper and salt. Bake in a hot oven till the eggs are set. Serve on buttered toast.

He Knew.

The teacher had spent twenty minutes impressing on her pupils the correct pronunciation of the word "base." The following morning she wanted to find out if the children remembered, so she turned to one little boy suddenly and demanded: "What do you see on the mantelpiece at home, Jackie?"

"Father's feet, miss" came the prompt reply.

Worth Pondering Over.

Did you ever hear of a man who had striven all his life faithfully and singly toward an object and in the end measure obtained it? Did ever a man try heroism, magnanimity, truth, sincerity and find that there was no advantage in them, that it was a vain endeavor?—Thoreau.

Reading the Bible.

A college professor, famous as a critic of literature, tells how he read the Bible when he was a boy. His mother not only insisted that he should read the Bible, but also that he should be able to tell her something about each book. This looked serious, but the future professor of literature hit upon a plan to assist his memory. After he had read each book, he illustrated it and, after he had drawn the pictures, he found that he remembered without much difficulty.

A New Function.

"John, I simply must have another gown."

"For what occasion?"

"The new cook is coming tomorrow and I have absolutely nothing decent to receive her in."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

Take down that motto, "There's No Place Like Home," stormed Mr. Groucher. "If the landlord sees it he'll think we are happy and contented and raise the rent again."

GAMES FOR CHILDREN AT CHRISTMAS TIME.

It may be for a Christmas party, or for the family gathering, that you will need ideas; for either, the following games will furnish fun for young and old alike.

The Game of Tip. This old English game requires the use of enough assorted Christmas candies, nuts, raisins, and other dainties, to make a small pile on a table; also a pair of sugar tongs. One of the party is chosen, who must retire to another room while the remaining players decide upon one of the dainties in the pile to be known as "Tip." The chosen person is then recalled, and with the tongs removes pieces from the pile, trying to avoid the piece named Tip, of which, however, he does not know the location. All pieces removed belong to him, unless he removes Tip, when all must be returned to the pile, and the turn passes to the next player, who retires to the other room while another Tip is named. A player may pass his turn when, after drawing several pieces, he wants to

let you pick a scrap from his waste pile, or will sell you a piece for a few cents. Wood three-eighths-inch thick is just right. Both sides should be cut alike, and the surest way to get them so is to draw a center line, first, then lay off the measurements each side of this. The notches in the bottom edge receive the base blocks (Fig. 3). Bore a small hole in the beveled portion of one end of each base block, give a peg in it to form the front of the pen-rack, and fasten the blocks in the notches cut for them.

Sandpaper all surfaces, then apply some wood stain and wax. A small calendar-pad tacked to the center of the board, and felt glued to the underside of the base blocks, will complete the gift.

Postcard Rack. The same pattern that was used for the calendar-board (Fig. 2) is required for the ends of the postcard-rack in Fig. 4, and Fig. 5 shows a pattern for the base strips, which fasten in the notches in the bottom of the end pieces. Finish the wood with stain and wax.

Book-Rack. The book-rack in the illustration is made of wood five-eighths inch thick.

For a laughter producer this game has no peer. A poem is selected and copied upon paper, with each noun omitted and a line drawn in its place. Then the nouns are copied upon small cards, one upon each. The cards are dealt, an equal number to each player, and a player is chosen as reader. The reader reads the poem, pausing at each space, and the players fill in, in turn, a noun from the cards in their pile. The nouns will seldom come in their original places, and the result will be a ridiculous mix-up.

Sliced Toy Puzzles. From advertisements cut pictures of toys, and paste these upon pieces of cardboard; then with a sharp knife slice the cardboard into irregular pieces as indicated in Fig. 1. Place the parts of each picture in an envelope by itself. When ready to play the game, give each player an envelope, and direct him to put together the parts so as to make the picture of the

toy. At the expiration of a given length of time, direct an exchange of the toys.

Acrostic Place Cards. An original idea for the place cards for the Christmas party is to prepare them in the form of letters from Santa Claus, with the names and addresses of the guests worked out in acrostics, as is suggested on the two specimen envelopes in the illustration, and have the guests find their places by interpreting the inscriptions upon the envelopes. The first envelope illustrated reads, "Miss Lillian Cook, 415 Adams Street," the second one, "Mr. Harry Underwood, 518 Bell Avenue." Some of the addresses may be harder to make

Waste-Basket. An 8 by 8 inch board, for a base (Fig. 2), four strips out of which to make a frame of the same size as the

baseboard (Fig. 3), eight laths to cut in half for side strips, a few finishing nails, and 32 round-head blue screws, are all that you need for the pretty waste-basket shown in Fig. 1.

Place the laths smooth, trim off their ends and bore holes, a trifle larger than the screws, near the ends. Screw the side strips to the base edges, four to a side, then prepare the top frame of the form shown in Fig. 3, and screw the upper ends of the strips to it.

Wood stain and wax, or two coats of paint or white enamel may be applied, to finish the work.

IN THE DAYS OF BEAVER HATS.

In the olden days in the United States soon after the Revolutionary war, a good beaver hat became a handed down from father to son. For some strange reason it was considered to be rather frivolous and extravagant to be seen wearing a new beaver hat, and it was the custom when a man bought one to leave it out in stormy weather before wearing it, to "take the newness off."

Reading the Bible.

A college professor, famous as a critic of literature, tells how he read the Bible when he was a boy. His mother not only insisted that he should read the Bible, but also that he should be able to tell her something about each book. This looked serious, but the future professor of literature hit upon a plan to assist his memory. After he had read each book, he illustrated it and, after he had drawn the pictures, he found that he remembered without much difficulty.

A New Function.

"John, I simply must have another gown."